



Health and Social Care

1.3.2 The positive and negative factors that may affect self-concept and the importance of resilience and self-concept to achieve personal outcomes

Key concepts

Resilience and self-concept are important influences on an individual's ability to achieve personal outcomes. These are goals a person wants to accomplish based on what matters to them. Positive and negative factors may affect resilience and self-concept, which could in turn impact an individual's ability to achieve their personal outcomes.

Key terms

- **Personal outcomes:** Goals an individual wants to achieve based on what matters to them.
- **Resilience:** The ability to adapt well to adversity, difficulties and unexpected challenges during life.
- **Self-concept:** How an individual evaluates or perceives themselves.

Relationships that may affect self-concept

Unconscious bias

- **Positive:** A workplace that actively challenges unconscious bias promotes equality, which supports an individual's confidence and motivation.
- **Negative:** Unconscious bias (opinions people are unaware they hold) can lead to unfair decisions and poor relationships, resulting in a negative self-concept.

Emotional development

- **Positive:** Experiencing nurturing and caring relationships in early life supports positive emotional development, enabling healthy relationships and good self-esteem.
- **Negative:** Any form of abuse can damage emotional development and lead to fear, mistrust and difficulty forming relationships.

Experiences that may affect self-concept

Income

- **Positive:** Sufficient income supports resilience by helping meet needs (for example housing or food) and providing choices, giving a sense of control and boosting self-concept.
- **Negative:** A low income can reduce resilience due to a lack of resources and opportunities, leading to feelings of powerlessness and a negative self-concept.

Life experiences

- **Positive:** Secure attachments and a supportive upbringing can build resilience and encourage a focus on personal strengths.
- **Negative:** Adverse Childhood Experiences (ACEs) are traumatic events that can damage resilience and cause an individual to focus on their weaknesses.

Education

- **Positive:** A positive educational environment with good relationships and academic success promotes resilience, self-esteem and motivation.
- **Negative:** Negative experiences, such as bullying or exclusion, can result in low self-esteem and prevent an individual from achieving their goals.

Social media

- **Positive:** A supportive online community can create a sense of belonging, boosting resilience and self-worth.
- **Negative:** Negative comments, cyberbullying or online disputes can harm self-worth, leading to a negative self-concept.

Ways to develop resilience and positive self-concept

Individuals can build their resilience and self-concept in several ways to help them achieve their personal outcomes:

- **Self-reflection:** Thinking about past situations to learn from challenges and make positive changes.
- **Personal limits and boundaries:** Understanding your limits and showing respect for others in all relationships.
- **Positive interactions with others:** Building supportive relationships with family, friends and the community.
- **Taking part in new activities:** Trying new hobbies or joining groups to develop skills, meet people and build confidence.
- **Setting realistic goals:** Breaking down large goals into smaller, manageable steps.
- **Recognising personal strengths and qualities:** Identifying your abilities, skills, knowledge and positive traits like kindness or reliability.
- **Achievements, praise and rewards:** Being willing to accept praise and celebrate your successes.

Aspects of identity that may affect self-concept

Appearance

- **Positive:** Being respected and included regardless of physical characteristics (for example race, weight or style) promotes a positive self-concept.
- **Negative:** Experiencing stereotyping or discrimination based on appearance can lead to feelings of exclusion and a negative self-concept.

Age

- **Positive:** Positive attitudes towards ageing can support resilience and help individuals find new purpose in later life, for example after retirement.
- **Negative:** Negative attitudes towards ageing can reduce a person's sense of purpose and contribute to a negative self-concept.

Culture

- **Positive:** When an individual's culture (for example ethnicity, traditions or beliefs) is respected, it promotes inclusion, belonging and a positive self-concept.
- **Negative:** Disrespect or abuse towards an individual's culture can make them feel excluded, lowering their resilience and self-concept.

Gender and sexual orientation

- **Positive:** Respect and inclusion based on gender or sexual orientation allow an individual to be their true self, building trust and a positive self-concept.
- **Negative:** Fear, experiences of discrimination or hate crimes can cause anxiety and depression, damaging self-esteem and trust in others.